

## CLAIMS

What is claimed is:

1. A stretching apparatus, comprising:
  - a base;
  - a back support mounted to the base;
  - at least one leg support pivotally mounted to the base; and
  - a foot pedal positioned at a free end of the leg support.
2. The apparatus of claim 1, further comprising:
  - a bracket slidably mounted on the leg support;
  - wherein the foot pedal is pivotally mounted to the bracket.
3. The apparatus of claim 2, further comprising:
  - a fastener linking a free end of the foot pedal to the bracket;
  - wherein an inclination of the foot pedal is varied by adjusting the fastener.
4. The apparatus of claim 3, wherein the fastener is a turnbuckle.
5. The apparatus of claim 2, wherein the bracket defines a hole and the leg support defines a plurality of holes along its length, the bracket being secured to a position along the leg support by a pin inserted in the hole of the bracket and one of the holes of the leg support.
6. The apparatus of claim 2 wherein the bracket further comprises (1) a heel cushion upon which the user's heel rests and (2) slots for receiving a strap, the strap securing a user's heel to the leg support, thereby pushing a user's foot against the foot pedal.
7. The apparatus of claim 1, further comprising:
  - a rope having:
    - a first end secured to the free end of the leg support; and
    - a second end fed through a guide hole in the back support and secured to a fixture mounted on the back support;

wherein an inclination of the leg support is fixed by the rope.

8. The apparatus of claim 7, wherein the fixture is selected from the group consisting of a cam-cleat and a cleat.
9. The apparatus of claim 7, wherein the fixture is a cam-cleat, the apparatus further comprising a cleat for tying up extra length of the rope.
10. The apparatus of claim 1, wherein the back support is pivotally mounted to the base.
11. The apparatus of claim 1, further comprising a bracket slidably mounted on the base, wherein a seat is mounted to the bracket and the back support is pivotally mounted to the bracket.
12. The apparatus of claim 10, wherein:
  - the base further comprises at least a rail defining a plurality of holes along its length;
  - the back support further comprises at least one bracket and at least one arm, the arm having (1) a first end pivotally mounted to the bracket and (2) a second end secured with a pin to one of the holes in the rail.
13. The apparatus of claim 1, wherein the back support comprises slots along two edges to accommodate straps for stabilizing the user.
14. The apparatus of claim 1, further comprising a bracket slidably mounted along the leg support, the bracket comprising (1) a knee cushion upon which the user's leg rests and (2) slots for receiving a strap, the bracket defining a hole and the leg support defining a plurality of holes along its length, the bracket being secured to a position along the leg support by a pin inserted in the hole of the bracket and one of the holes of the leg support, the strap securing a user's leg to the leg support.
15. The apparatus of claim 11, further comprising height-adjustable armrests mounted to the bracket.
16. The apparatus of claim 10, further comprising a handle on the back support, wherein the handle is used to transport the apparatus when the leg support and the back support are collapsed onto the base.

17. The apparatus of claim 11, further comprising:

a seat having at least one armrest;

a rope having:

a first end secured to the free end of the leg support; and

a second end fed through a guide hole in the back support, routed down a backside of back support, exited through a second guide hole, and secured to a fixture mounted on the armrest;

wherein an inclination of the leg support is fixed by the rope.

18. The apparatus of claim 1, further comprising:

a first strap securing a user's leg to the leg support; and

a second strap securing a user's heel to the leg support, thereby pushing a user's foot against the foot pedal.

19. The apparatus of claim 16, further comprising at least one wheel attached to the base, wherein the apparatus is transported by rolling the apparatus on the wheel.

20. The apparatus of claim 11, wherein the bracket defines a hole and the base defines a plurality of holes along its length, the bracket being secured to a position along the leg support by a pin inserted in the hole of the bracket and one of the holes of the leg support.